



WORKING IN AISLE FREEZERS

Isn't it true that when working in the aisle freezer, the door always seems to get in the way as you reach in. To remedy this, use a wide POWERLIFT® stance as you work. The wide stance will not only take the load off your back, putting it on your legs but will also act as an effective door stop. Whenever you are working, spread your feet, bend your knees and use your legs. Your back will love you for it and you won't be as tired and worn out by the end of the day!